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ERNEST HEMINGWAY SPENT A LOT OF HIS TIME IN THE FLORIDA KEYS AND SO SHOULD YOU PAGE 16

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LONDON metro®

Wednesday, February 27, 2013

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MEDICAL INNOVATION

Dr. Bob Kiaii, cardiac surgeon for London Health Sciences Centre, displays a geko. Kiaii began testing the new blood-circulation device last fall. The device was quickly approved by Health Canada. By December, the first patient to use it in North America had done so in a London hospital. Story, page 2. JOHN MATISZ/METRO

Lunch talk sparks eight complaints

Issue. Open-meetings watchdog has been flooded with objections over city politicians getting together

Another budget vote nearing. Another luncheon gathering of city politicians.

Another investigation by the Ontario ombudsman?

It's the main question lingering over London now that eight formal complaints have been filed about a Saturday bite involving the mayor and six city councillors.

Coun. Dale Henderson, who shared the meal with Mayor Joe Fontana and councillors Stephen Orser, Joe Swan, Bud Polhill, Paul Van Meerbergen and Sandy White, isn't too concerned.

Ombudsman André Marin has already weighed in on the issue, clearing councillors of an alleged open-meetings violation during a similar get-together last February. Marin received three complaints about that lunch, investigated it and was clear in his report, Henderson said Tuesday: "There's no problem if you have any (less) than eight" councillors involved.

Henderson's on point.

Legally, Marin said last year, there's not a problem. But, he also noted, the meeting left an "unsavoury" public impression and was "ill conceived."

The ombudsman's office will review the new complaints and decide if an investigation is warranted, a spokeswoman said. A timeline has not been set for the review.

Several councillors involved in Saturday's recent gathering didn't return phone messages Tuesday.

Exactly how everyone wound up in the same place at the same time is a bit of mystery.

When questioned Monday afternoon, Fontana said he originally had planned to meet Orser at Billy T's Tap & Grill on Highbury Avenue for lunch. A couple other councillors had issues they wanted to discuss, so rather than "drive around" meeting with everyone, Fontana invited them to sit in.

ANGELA MULLINS/METRO

Broadcasting the budget

- Mayor Joe Fontana will focus on the 2013 budget during a virtual town-hall broadcast from noon to 1 p.m. Wednesday.
- You can tune in at mayorfontana.ca/virtual-town-halls.

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LHSC first to use new blood-circulation device

Geko. 60 patients are now using the post-op device

JOHN MATISZ
john.matisz@metronews.ca

Dr. Bob Kiaii has that nervous excitement that a business owner often exudes before launching a product. Kiaii isn't a businessman, though; he's a cardiac surgeon for London Health Sciences Centre.

Along with LHSC colleagues, Kiaii began testing a new blood-circulation device last fall. The device, named geko, was quickly approved by Health Canada. By December, the first patient to use it in North America did so in a London hospital.

"For us to be able to have the opportunity to be exposed to the device first, it's very fortunate," Kiaii said. "We're very happy. We know that it's going to be an easy way to make patients have potentially less problems after surgery, and hopefully help them in terms of the recovery period and length of stay in the hospital."

The team of surgeons at LHSC took its time to make sure there were no significant side effects from using the device, Kiaii says, adding, "When you embark on something, you want to make sure there aren't potential problems."

Now, with 60 patients having used it, geko is being dispersed on a regular basis. Geko, which looks like a digital wristwatch, is strapped on the knee and activated by the touch of a button. Londoner Dennis Findlay, the first person to ever use geko post-surgery, offered glowing reviews in a LHSC news release.

"I wore it every day while I was in hospital," he said. "It was painless and barely noticeable, and I'm grateful it helped my recovery."

When a person is stuck in bed for a long period of time following surgery, clots can easily form while swelling overwhelms the body.

"Generally, by walking, those muscles get contractions," Kiaii said of calf muscles. "But when you're not walking and you're bedridden for a while, this is able to produce the same environment."

Kiaii says patient feedback has been positive, including comments praising geko's comfortable and easy-to-use style. Doctors too have taken notice.

"We have seen a significant improvement in terms of evidence of swelling after surgeries," he added. "This has definitely shown a reduction."

The deets

What is geko?

- A post-surgery blood-circulation device
- Resembles a wristwatch
- Attaches below kneecap

Man injured after truck rollover at Riverside and Wonderland

Members of the London Fire Department gather around a flipped City of London sewer truck at around 1:15 p.m. on Tuesday. The truck was involved in a single-vehicle rollover at the intersection of Riverside Drive and Wonderland Road. District fire Chief Keith Thompson, whose crew was dispatched at 12:38 p.m., wasn't sure what caused the rollover, but he did say the driver had a bruise on his head and was rushed to hospital. There was also a diesel and hydraulic fluid leak, which was cleaned up shortly after, Thompson said. JOHN MATISZ/METRO

Mayor Fontana's criminal case delayed

Mayor Joe Fontana's criminal case will return to court April 2.

The mayor's legal team requested a five-week adjournment Tuesday during a brief hearing before a court justice.

The adjournment will allow for "ongoing discussions" with the Crown, lawyer Jim Dean said in court. A pre-trial date will likely be scheduled during the April hearing, he said.

Fontana's lawyers received the final pieces of evidence in the case last week, lawyer Gord Cudmore said Monday.

The RCMP charged Fontana in November with fraud under $5,000, breach of trust by a public officer and uttering forged documents.

He is accused of using a $1,700 federal government cheque to cover a room deposit for his son's 2005 wedding reception.

Fontana was a federal cabinet minister at the time.

ANGELA MULLINS/METRO

Gord Cudmore, lawyer for Mayor Joe Fontana. THE CANADIAN PRESS

Highways. NDP, Tories say snow clearing too slow

Ontario highways are not being cleared of snow as fast as they should be, leading to sometimes fatal consequences, opposition parties charged Tuesday.

There are more highway closures and accidents in winter than ever before because the contractors who clear the snow are not meeting standards set by the Ministry of Transportation, said New Democrat Gilles Bisson. "What's worse, we privatized the patrolling of the people who do the dispatching." said Bisson.

Highway 11 near North Bay looked like an ice road in the Far North after a recent storm, said Conservative Vic Fedeli.

"You simply have far too much snow and black ice on the highways, and we've asked them to explain the methodology in getting rid of the ice," said Fedeli.

The Tories, who started the contracting out of plowing services, say having private operators isn't the problem.

Transportation Minister Glen Murray insisted the province's standards are being met, and said climate change made the problem more difficult to deal with. THE CANADIAN PRESS

Social media. Police get creative on Twitter

Citizens tend to attach a negative connotation to the act of communicating with a police officer.

The local force is hoping to alter that trend, however. It launched a social-media initiative last week to encourage positive relations between residents and officers.

"Interaction with the police is not always negative, and this is a prime example," Const. Ken Steeves said.

Turn Around Tuesday, Windshield Wednesday and Fine Friday are three themes police have already promoted through social media. Each of the themes has an underlying meaning, such as Turn Around Tuesday's homage to Good Samaritans and the choice to turn somebody's day around.

Brad Duncan METRO

"The purpose of all of that is to engage with the community," Steeves added. "Rather than us saying, 'Don't do this, don't do that,' it's a nice way for community members to get involved. It's a way of information sharing, way of the times."

JOHN MATISZ/METRO

Follow them

- London Police Service: @lpsmediaoffice
- Chief Brad Duncan: @Chief_B_Duncan

Look ma — quit meddling in my love life

Mother-and-son acting duo Ravi, left, and Asha Jain perform a scene from A Brimful of Asha, which opened Tuesday and runs through Saturday in the McManus Studio Theatre at the Grand Theatre. The show tells the true story of a generational and cultural clash sparked when Ravi takes a trip to India and his parents decide to start introducing him to potential brides. For ticket details, call the box office at 519-672-8800 or visit grandtheatre.com. CONTRIBUTED

Ornge. Oversight bill said to be 'too little, too late'

Legislation to give the Ontario government better control over the province's troubled Ornge air-ambulance system is "too little, too late," the Opposition charged Tuesday.

"This is another example of the Liberal government talking a big game but never taking appropriate steps to ensure substantive legislation to protect Ontarians," said Progressive Conservative health critic Christine Elliott.

"I fear once again it's been a little bit too little, too late."

Health Minister Deb Matthews re-introduced legislation that she said would boost oversight of the scandal-plagued air-ambulance service and limit what it can do without government approval, such as selling assets.

"My goal is to ensure that Ornge focuses on providing the highest-quality air-ambulance service possible and gets the best value for our precious health-care dollars," Matthews told the legislature.

Deb Matthews TORSTAR NEWS SERVICE

The original bill was introduced a year ago — one day after it was announced police were investigating financial irregularities at Ornge — but it died when then-Premier Dalton McGuinty prorogued the legislature last October.

Matthews said whistleblowers would be protected under the bill, and announced she would introduce a new regulation to put Ornge under the auspices of Ontario's freedom-of-information legislation.

THE CANADIAN PRESS

Lack of representation

Justice system in 'crisis' for Ontario's First Nations: Report

Ontario's First Nations face a justice and jury system in a state of crisis that requires urgent action, former Supreme Court justice Frank Iacobucci reported Tuesday.

In a strong indictment of the current setup, Iacobucci warned the issue threatens relations between aboriginals and non-aboriginals.

"There is not only the problem of a lack of representation of First Nations peoples on juries that is of serious proportion," his report states.

"It is also regrettably the fact that the justice system generally as applied to First Nations peoples, particularly in the north, is quite frankly in a crisis."

In August 2011, the Ontario government asked the former justice to investigate after inquests and criminal trials ground to a halt over the lack of on-reserve aboriginals on juries. THE CANADIAN PRESS

Riding changes would boost London-Fanshawe

Proposed. Changes to election-district boundaries tabled after two months of input across province

ANGELA MULLINS
angela.mullins@metronews.ca

London's least-populated riding could soon see a role reversal.

London-Fanshawe would boast the most city residents under proposed tweaks to federal election districts.

With 106,434 heads counted during the 2011 census, the riding would jump to 119,334 people if a proposal tabled Monday in the House of Commons moves ahead.

London-West — the area's fastest-growing and most populated riding under existing boundaries — would fall to second with 119,090 people.

London North Centre would be third with 118,079 people. Elgin-Middlesex-London would contain 110,109 people.

The biggest proposed changes would bring all of White Oaks into London-Fanshawe instead of leaving the neighbourhood split between that riding and Elgin-Middlesex-London.

The Old South Community Organization is counting a victory in the commission's report. An earlier proposal would have split Old South between two ridings.

The report tabled this week keeps the whole neighbourhood in London West.

Interactive map

- To find out where your address falls under proposed changes to riding boundaries, visit redecoupage-federal-redistribution.ca, click on "Ontario" and launch the interactive map on the page.
- Changes in the London area are considered minor compared to big changes elsewhere in the province.

"It's fantastic," said Gary Brown, an Old South Community Organization board member. "I like what they've done."

The majority of changes are aimed at keeping the populations of ridings balanced, said Justice George Valin, chair of the Federal Electoral Boundaries Commission for Ontario.

Officials want each riding to have about 106,213 people, a number set by dividing the number of Ontario residents counted in the census by electoral districts.

Balance is important, Valin said, so "voters will feel that their vote is worth the same as their neighbour."

Federal election districts were last overhauled in 2003. The boundaries commission's report will be referred to a parliamentary subcommittee and MPs will be given a chance to file objections.

Changes won't take effect until seven months after they're approved by Parliament, putting the existing proposal on track for implementation in early 2014, Valin said.

Iron Chef cook-off to be held at Fanshawe

FANSHAWE COLLEGE

The Canadian Association of Foodservice Professionals and Fanshawe College will present the first annual Iron Chef competition Wednesday at the college's London campus.

The event is modelled on the popular television show where top chefs go head-to-head to prepare a five-course meal in an hour, each course containing the pre-determined secret ingredient. The meal is then graded by a panel of judges, with the winner accumulating the most total points.

In the Fanshawe version, after the secret ingredient is revealed, contestants will have a half-hour to prepare a menu plan for a soup or salad, as well as an appetizer and entrée.

The contestants will begin cooking at 2 p.m., and the winners will be announced at 6 p.m.

The competition will take place at Saffron's Restaurant, A Building, Fanshawe College. JIM REYNO/METRO

Swiss Red Cross cutting back on blood to Greece

Greek financial woes. Organization to halve shipments, reducing financial exposure to slow-paying country

The Swiss Red Cross is slashing its supply of donor blood to Greece because the financially stricken country has failed to pay its bills on time, the head of the group's transfusion service said Tuesday.

Rudolf Schwabe confirmed Swiss media reports that Greece had run up debts of several million Swiss francs in the past. While those debts have since been repaid, the non-profit SRC has decided to halve its blood shipments to Greece in the coming years in order to limit its financial risk, he said.

Thalassemia patients among those who need blood in Greece but Swiss Red Cross cuts supply. GETTY IMAGES

Greece's international creditors have demanded the government cut spending on pharmaceutical products as part of bailout agreements.

The Swiss blood sent to Greece comes from unused emergency stockpiles and is designated for humanitarian use. In the past, the SRC charged Greece five million Swiss francs ($5.4 million US) to cover its costs for supplying 28,000 blood packets a year.

The Swiss blood shipped to Greece helps meet demand from the country's thalassemia sufferers. An estimated 3,000 people in Greece with a severe form of this genetic disorder — also known as Mediterranean anemia — need regular transfusions amounting to some 130,000 packets a year.

"That's why we had long talks with the Greek Health Ministry," Schwabe said.

The Swiss will reduce their shipments to Greece to 14,000 packets a year by 2020. THE ASSOCIATED PRESS

Quebec students on the march, yet again

A protester known as Anarchapanda walks past police during a demonstration by students in Montreal, Tuesday. The PQ government cancelled the Liberals' proposed tuition hikes and on Monday announced scaled-down increases of its own at an education summit. The PQ will raise tuition by one-fifth of the Liberal plan — $70 per year. Meanwhile, more student protests were planned starting with the march on Tuesday. THE CANADIAN PRESS

Windsor

'Legal' substitute for pot isn't legal after all: Police

A supposedly legal substitute for marijuana being sold in Windsor has tested positive for substances prohibited by Health Canada, police say.
Authorities have collected samples of the product from stores and sent them for testing. Preliminary results indicate the substance, branded IZMS, contains illegal ingredients, said Sgt. Matthew D'Asti.
LUKE SIMCOE/METRO ONLINE

Austria

Alleged car thief found asleep

Like anywhere, dozing off behind the wheel in Austria can be deadly. But for one teenager, it could result in a charge of attempted car theft.
State broadcaster ORF cites police saying they have identified a 17-year-old male as the likely suspect after a woman found her vehicle partially hot-wired, a door forced open and a youth apparently drunk and fast asleep inside.
THE ASSOCIATED PRESS

California

Zoo's bald eagle recovered

A feast of quail and mouse led to the capture of a California zoo's bald eagle after three days on the lam. The Palo Alto Junior Museum and Zoo's tame 24-year-old bald eagle Sequoia was enjoying exercise Saturday when instead of returning to handlers, she flew north and roosted in a park. When found, the famished bird dropped from her tree to the arm of a trainer who gave her the food. THE ASSOCIATED PRESS

Amsterdam moving to protect prostitutes

Amsterdam plans to raise the minimum age for prostitutes to 21 from 18 and force brothels to close during early morning hours.

At a press conference Tuesday, Mayor Eberhard van der Laan said the moves came from a decision to crack down on crime in the city's famed Red Light District and protect sex workers — mostly women — from abuse.

Amsterdam is home to about 8,000 professional sex workers, the city estimates, half of whom operate behind windows with red velvet curtains and red lights.

Van der Laan said under the new regime, all windows would be closed from 4 to 9 a.m.

Prostitution was legalized in the Netherlands in 2000.

It has been tolerated in Amsterdam since the 1600s, when the spice trade made it one of the world's wealthiest port cities. But the city has been tightening its rules since 2006 and shuttered a third of its brothel windows from 2007 to 2009.

Van der Laan said the city intends to introduce the new measures by July.

"We think the situation is so grave that we have to act," he told reporters.

He said young prostitutes were particularly vulnerable because they were often groomed by pimps who force them into service when they turn 18.

Advertisements for sex shops are seen everywhere in Amsterdam's world-famous Red Light District in the Netherlands. Now the city is planning to make some changes to the system. THE ASSOCIATED PRESS/PETER DEJONG

The mayor said the city's first priority was to keep women from being pushed into prostitution and its second was to help those who wish to exit the profession.

Other measures he plans to introduce include forcing all brothel owners to submit a business plan.

The Dutch tolerance of prostitution has always been a subject of debate, and after it was legalized, city officials realized that move had not served to reduce abuses.

A proposed new national law would create a database of registered prostitutes, but it has never been passed by Parliament.

Dutch officials are now studying Sweden's prostitution laws as a possible model, looking to see what they do.

Swedish law criminalizes only visiting prostitutes and does not punish the prostitutes themselves.
THE ASSOCIATED PRESS

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Tourists bathed in fire in most lethal balloon accident on record

A policeman stands guard at the site of the accident in Luxor, Egypt. NASSER NASSER/THE ASSOCIATED PRESS

Egypt. At least 19 dead, with two others suffering severe burns

A hot-air balloon carrying tourists over Egypt's ancient city of Luxor caught fire Tuesday, and some passengers trying to escape the flames leaped to their deaths before the craft crashed in a sugar-cane field. At least 19 tourists were killed in what is believed to be the world's deadliest ballooning accident.

The accident was a new blow to Egypt's tourism industry, which has been gutted by the country's turmoil the past two years.

The crash raised accusations that authorities have let safety standards fall amid the political instability, though the civil aviation chief insisted his ministry keeps stringent inspections.

The balloon was carrying 20 tourists — from France, Britain, Belgium, Hungary, Japan and Hong Kong — and an Egyptian pilot on a flight over Luxor, officials said.

"I saw tourists catching fire, and they were jumping from the balloon. They were trying to flee the fire, but it was on their bodies," said Hassan Abdel-Rasoul, a farmer in al-Dhabaa. He said one of those he saw on fire was a visibly pregnant woman.

Bodies of the dead tourists were scattered across the field.

The crash immediately killed 18, according to Luxor's governor, Ezzat Saad. Two Britons and the Egyptian pilot were taken to the hospital, but one of the Britons died of his injuries soon after. The other Briton and the Egyptian, who state media said suffered severe burns, were flown to Cairo for further treatment.

The Department of Foreign Affairs in Ottawa says the Canadian Embassy in Cairo has confirmed that no Canadians have been affected.

THE ASSOCIATED PRESS

The accident

The launch site shortly before the explosion. THE ASSOCIATED PRESS

The balloon was landing when a cable got caught around a helium tube and a fire erupted, according to an investigator with the state prosecutor's office.

- **Escalation.** The balloon then shot up in the air, the investigator said. The fire set off an explosion of a gas canister and the balloon plunged some 300 metres to the ground, according to an Egyptian security official.

Pistorius' testimony may damn him on lesser charge

Even if Oscar Pistorius is acquitted of murder, firearms and legal experts in South Africa believe that, by his own account, the star athlete violated gun-handling regulations and exposed himself to a homicide charge by shooting into a closed door without knowing who was behind it.

Pistorius testified that he shot at the door, fearing but not knowing for certain that an intruder was on the other side. Instead, it was Pistorius' girlfriend, Reeva Steenkamp.

Prosecutors charged Pistorius with premeditated murder, saying the shooting followed an argument between the two.

South Africa has stringent laws regulating the use of lethal force for self-protection. In order to get a firearm permit, applicants must not only know those rules but must demonstrate proficiency with the weapon and knowledge of its safe handling, making it far tougher to legally own a gun than in many other countries.

"There is no situation in South Africa that allows a person to shoot at a threat that is not identified," said Andre Pretorius, president of the Professional Firearm Trainers Council, a regulatory body for firearms instructors. "It could have been a minor — a 15-year-old kid, a 12-year-old kid — breaking in to get food."

Experts said that even if the prosecution fails to prove premeditated murder, firing several shots through a closed door could bring a conviction for the charge of culpable homicide, an equivalent to manslaughter covering unintentional deaths through negligence. THE ASSOCIATED PRESS

Loss

Pistorius plans own memorial

Oscar Pistorius planned a personal memorial service on Tuesday for Reeva Steenkamp.

The service would be at the home of his uncle Arnold, where the athlete has been staying since he was released on bail awaiting trial.

Pistorius' reputation-management firm said he had requested the service "as he remains in deep mourning for the loss of his partner Reeva."

Gatineau, Que.

Alleged assault by Sen. Patrick Brazeau detailed in warrant

A search warrant filed in court says an ongoing argument over aboriginal issues at the home of Sen. Patrick Brazeau escalated into a physical and sexual confrontation.

The police warrant details allegations by a woman in Brazeau's home who says he punched her, choked her, tore her pants off and pushed her down a flight of stairs, breaking the railing.

The complainant also alleges Brazeau aggressively grabbed her breast and another area of her body, called her vulgar names, spit in her face, and tore up a bra and blouse she was trying to pack in a suitcase.

Court documents say Brazeau, 38, has formally pleaded not guilty to charges of assault and sexual assault.

None of the allegations have been proven in court.

THE CANADIAN PRESS

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metro

Employment

Help-wanted ads point to strong job creation in February

The Conference Board of Canada says the country's employment prospects are picking up after going through a two-month soft patch. The think-tank says its help-wanted index for January jumped a strong 10 per cent, with 25 of 27 metro areas posting increases.

The index suggests Canada returned to positive job growth in February after shedding 22,000 workers in January. The Conference Board research shows labour markets remain tightest in the West, particularly Regina, Saskatoon, Calgary and Edmonton.

THE CANADIAN PRESS

File-sharing

Legal threats prompt Pirate Bay to leave Sweden

Embattled file-sharing site The Pirate Bay is looking for safe havens in Norway and Spain after its Swedish host came under legal pressure to shut it down.

The Swedish Pirate Party, a small political party advocating transparency and freedom online, has provided Internet access to the site for the past three years.

But it's handing over those duties to sister parties in Norway and Spain's Catalonia region following legal threats from the Rights Alliance, a Swedish anti-piracy group representing the entertainment industry.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 97.43¢ (+0.12¢)

TSX 12,660.44 (+9.57)

OIL $92.63 US (-48¢)

GOLD $1,615.50 US (+$28.90)

Natural gas: $3.45 US (+4¢)
Dow Jones: 13,900.13 (+115.96)

Never mind horsemeat — in South Africa, mystery beef includes donkey

Mislabelled meat. New study found 68 per cent of samples contained species not declared on label

Horrified that these cute little fellas might end up in so-called beef products? They're probably not happy about it either. Food scientists in South Africa have found undeclared donkey, water buffalo and goat in processed meat products, thus confirming that the EU is not alone in the battle against mislabelling.

GETTY IMAGES FILE

Worried about horsemeat in your beef? Try water buffalo, donkey and goat. South African food scientists said they have found all three in mislabelled foods including beef burgers, ground beef and sausages.

A study published by three professors at Stellenbosch University found that 68 per cent of 139 samples contained species not declared on the product label, with the highest incidence in sausages, burger patties and deli meats.

The study found soya and gluten were not labelled in 28 per cent of products tested, and found undeclared pork in 37 per cent and chicken in 23 per cent.

"This study confirms that the mislabelling of processed meats is commonplace in South Africa and not only violates food-labelling regulations but also poses economic, religious, ethical and health impacts," said co-author Prof. Louwrens C. Hoffman. He said tests the past two weeks on hundreds of samples of imported meat have found no horsemeat.

THE ASSOCIATED PRESS

Quoted

"There's nothing wrong with eating donkey if you like donkey, but if you don't, you have the right to know."

Prof. Louwrens C. Hoffman

iTunes. Apple settlement to award $100M in credits

Apple has agreed to give more than $100 million in iTunes store credits to settle a lawsuit alleging that the iPhone and iPad maker improperly charged kids for playing games on their mobile devices.

The two-year-old case centres on allegations that Apple didn't create adequate parental controls to prevent children from buying extra features while playing free games on iPhones and iPads in 2010 and 2011.

Parents who filed the lawsuit in 2011 said they didn't realize their children were racking up the charges until they received bills or other notifications after the purchases were made. The games that had been downloaded were designed for kids as young as four years old, according to the lawsuit.

Apple introduced more stringent controls governing in-game purchases as part of a March 2011 update to the software that runs its mobile devices. THE ASSOCIATED PRESS

Would you book a berth on the Titanic II?

Australian billionaire Clive Palmer unveiled blueprints and renderings Tuesday for the Titanic II, a replica of the doomed original. He said 40,000 people have expressed interest in tickets for the maiden voyage from Southampton, England, to New York, expected in 2016. BLUE STAR LINE/THE ASSOCIATED PRESS

Oversharing financial data puts young adults at risk

Many young Canadians are oversharing their financial information, says a new survey that found nearly half of 18- to 34-year-old respondents admitted they take risks like texting their credit- or debit-card numbers.

The poll by Visa Canada found that 45 per cent of this demographic group also shared their payment-card information via email, loaned their cards and didn't keep their PIN confidential.

This behaviour mirrors similar habits of sharing personal information on social-media sites, said Gord Jamieson, head of payment system risk at the credit-card company. "Yet they're really not totally aware of who has access to this information and who else can be seeing this information and what would be done with it," he said.

The survey, released Tuesday, marks the start of fraud-prevention month in March.

Individuals in the 18-to-34 group also reported the highest level of online sharing activities, including keeping an open profile on a social-network site and posting to it daily, publicly sharing photos and posting their employment history. "Just be careful what you put out there," Jamieson said, noting that public Wi-Fi networks for mobile devices aren't necessarily secure.

Among those aged 35 and older, the survey found that 32 per cent took risks with their payment-card information.

THE CANADIAN PRESS

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LISTEN UP, LANGUAGE POLICE

JUST SAYIN'
Paul Sullivan
metronews.ca

Le gouvernement du Québec is in trouble because its overzealous language police tried to ban the word "pasta" from the menu of an Italian restaurant.

"Pâtes" doesn't quite have the same ring but it's all part of a legitimate effort to preserve the French language in the face of creeping … Italian.

Of course, the story went viral and now le gouvernement is calling off les chiens.

Trying to write in both official languages is exhausting. So I'm stopping. Maintenant, er, now.

The point is that taking care of the language is a thankless task. We should worry less about giving our francophone cousins a tough time about their vigilance and concentrate on our own English language transgressions, which are légion.

New linguistic tack

The ultimate tip-off that you're dealing with a suspected language violator is "tact," which actually means "diplomacy," but is most often used as a word meaning "tactic" or "approach."

In fact, Quebec has given me a good idea. I'm going to assemble my own language police and send violation notices by Twitter, which should make me even more popular than usual.

The hardest thing is where to start. If we ban the use of the word "like" except in its proper context, that is: "I like ice cream," an entire generation will be struck dumb. Same with other ubiquitous language shrapnel such as "O my God" and "awesome," which is not.

As bad as those are, they're nothing compared to the battery of baloney designed to make the user appear smarter or more well-read. Regardez: "Irregardless," which is a faux gilding of the lily known as "regardless."

The ultimate tip-off that you're dealing with a suspected language violator is "tact," which actually means "diplomacy," but is most often used as a word meaning "tactic" or "approach." Tact is short for tactic, no? The shortest distance between two ideas?

No.

The actual term is "tack," which is a nautical term for an effective way to make forward progress into a headwind. Once you've learned to tack, you'll never go back. But we need to deal sternly with all those clever tacticians if we're to make any headway.

The biggest challenge for my new Grammar Gendarmes, I predict, will be jargon, which is a mélange (stop that!) of acronyms and catchy phrases that make the offender sound as if he's speaking Esperanto from a script by Steve Jobs.

For example: "POTUS will do his due diligence and nominate from within his own wheelhouse for the next SCOTUS vacancy." Even l'office québécois de la langue française would have trouble figuring out if that's English, Italian or Klingon. That's punditry gone wild, and should read: "After careful consideration, the U.S. president will nominate a political ally to fill the next vacancy on the Supreme Court."

America is suffering from a language recession and may be a lost cause. But ici Canada, we still maintiens le droit. Vive la difference!

A giant leap of fate

ULET IFANSASTI/GETTY IMAGES

Ancient tradition

Boys become men in stone jumping

You'd call it a leap of faith, but for youngsters in rural Indonesia, it's more a leap of their fate.

In Orahili Fau village, Nias Island, some 1,200 kilometres northwest of Jakarta, young men take part in stone jumping, "fahombo batu," a manhood ritual of leaping over stone towers — a feat which in the past has resulted in serious injury and death. **METRO**

Stone tradition

Nias Island is last megalithic culture

The island of Nias, dominated by mountainous terrain and ravines, has been described as having one of the world's last megalithic cultures.

Until the 1950s, locals would erect monoliths, "owasa," used for ceremonies. Experts have never found stone-jumping sites elsewhere in Indonesia, pointing to the island's uniqueness in the megalithic tradition. **METRO**

Size of the stone

2.5

metres is the height of this column. The intrepid youth, dressed in traditional warrior garb, run up and hop on a small, round stone to gain momentum and height before soaring feet first over the block. In the past, the block was topped with sharpened bamboo stakes. The centuries-old practice of stone jumping first began when intertribal wars were rife. Every valiant fighter would be able to leap over the high stone walls of a rival village, fringed with bamboo stakes across the top.

Past traditions gone

Count number of jumps, not heads

In traditional Nias society, "mangani binu" (decapitation of enemies) was a principal ritual for young men.

Nowadays, instead of the number of skulls a person acquired determining one's social status, it is based on how many stones could be jumped over. But the use of traditional weapons in local ceremonies is a reminder of this ritual. **METRO**

Memo: When referring to any type of cooked noodle in Quebec, choose pâtes over pasta. TIMOTHY HIATT/GETTY IMAGES

Metropolitan Panel

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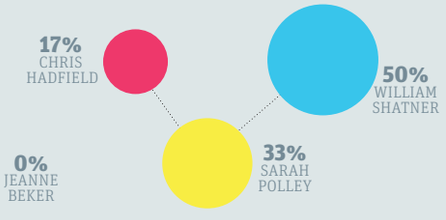
Which of these prominent Canadians should cross over into politics?



Twitter

@spotteruwo:
Writing a #dissertation is like building a pyramid - it takes years to construct a monolithic entity that will one day be your tomb.

@fursylima:
Can anyone recommend a good house and car insurance company? I'm getting robbed here. #LdnOnt

@RachFee:
Me this morning: "I need to eat healthier" Me at lunch: "Hi, I'll have 100 timbits and the highest calorie drink you can make me."

@JayJohns14:
Congrats to my lil sis "hard work" paying off! RT @janellej4 Got accepted to dental hygiene today! #finally #goodday #fanshawe

@LondonWebDev:
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@callysawarin:
there's no snow on the ground, shocked that the plows aren't out! #ldnont

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Miles Teller, left, Justin Chon and Skylar Astin star in Relativity Media's 21 & Over. HANDOUT

Miles Teller draws the line at French kissing

21 & Over. Star had difficult time agreeing to some scenes in new movie

NED EHRBAR
Metro World News in Hollywood

Miles Teller insists he's generally game for anything once he's signed on to a film, but as he learned on 21 & Over — the directorial debut of The Hangover writers Jon Lucas and Scott Moore — there were some lengths to which Teller wasn't quite willing to go for the sake of comedy.

Diving right into the nudity issue, there are a few very bold scenes for you in this. How do you psyche yourself up for that?
Or not. I mean, I know when you read the script or agree to do a movie, you know you're going to agree to do everything. The nudity stuff, I just made sure I worked out, you know what I mean? Because some movies you don't have time. You can work out before a movie, but then when you're shooting there's really no time. I know some actors do it, and people should really give them credit because they're working 14 hours a day, it's exhausting, and then working out and getting like five hours of sleep. It's pretty tough. So for this I just made sure I worked out, and the (guy-on-guy) kissing scene was something I tried to get rid of for a while. I was literally like pretty upset about that. And then we did it and it was just like CPR.

You were upset about it?
Kiss a guy? Yes. Inevitably, I did it for comedy. But they wanted me to use the tongue and I said, "Nope. It's not that funny, man."

These guys are known for going pretty far for a joke. Was there anything else where you had to draw the line?
No. I mean, there was a point where me and Skylar were shackled up and were getting spanked. At one point the shackle broke, so I had to bend over and fix it and s—, and there was all these girls around, and I was just like, "I'm sorry about some a—hole." Then I just went down and fixed it. Other than that, I felt pretty safe. The humour that these guys write, they're both extremely intelligent. And it's funny, it's well-written, it's not, like, dumb comedy. I never felt like I was doing cheesy or manipulative stuff. I felt pretty comfortable with everything.

What's your own most dramatic drinking anecdote?
I just remember the only time I had alcohol poisoning, when I was literally puking black, and I was just like, "This is bad." Nothing black should ever come out of your body, you know what I mean? Especially out of your mouth. There's some crazier s— I'm sure, but if you remember it then it probably wasn't that good.

How did your own college experience compare to this?
Not at all. I mean, NYU is just, like, New York. I mean, New York is your college campus, and when I was in college I smoked a lot of weed and played a lot of FIFA. That was pretty much what I did. But I grew up in Florida. Florida State's a pretty stereotypical party college. Anywhere in the South, anywhere in the sun with a college with a good sports team is going to be fun.

21 and Over

Birthdays are universal

IN FOCUS
Richard Crouse
scene@metronews.ca

Paris Hilton once said, "The way I see it, you should live everyday like it's your birthday." Of course she would think that way. She's young. And rich.

Like death and taxes, birthdays are one of the events that touch everyone's lives. Not everyone loves to celebrate getting older — "There is still no cure for the common birthday," said John Glenn — but Hollywood seems to enjoy throwing birthday parties — on screen at least. This weekend in 21 & Over a med school student makes merry on his birthday with two of his besties. But like so many movie birthday parties it goes horribly wrong — or horribly right if you have a taste for humiliation, extreme drunkenness and debauchery.

Horror movies have frequently used birthday parties as a backdrop for terror. The alien invasion movie Signs made Bravo's 100 Scariest Movie Moments list for a scene showing news footage of an alien at a child's birthday party in Brazil.

The film Logan's Run is set in an idyllic future. There's just one huge drawback — on your 21st birthday you will be vaporized into a sticky goo during a ritual called the Carousel.

Not all movie birthdays are bummers, however.

Despite hiring a drunken clown to perform at his nephew Miles's (Macaulay Culkin) birthday, Uncle Buck, played by the late, great John Candy, does the best he can to throw a great birthday party. The best part? He makes giant pancakes — they're so extreme they now have their own Facebook page with 290 likes — boasting, "You should see the toast. I couldn't even get it through the door!"

Nicholas Hoult is having some Giant success

Nicholas Hoult has already had plenty of success this year with last month's zombie rom-com, Warm Bodies, but now he's on to a much bigger adventure as Jack in Jack the Giant Slayer, director Bryan Singer's take on the classic tale. Plus, he has another little comic book movie with Singer lined up next.

When you finally get a horse-riding role, it's one of those signs that you've made it.
I don't know if I've necessarily made it, but it's very cool to be a part of a film of this scale. People often say they can ride a horse even when they can't, even when they've never sat on a horse in their life. It's just a given. You read anyone's C.V. and it will say that they can ride a horse. And then if they get a horse-riding role then they'll panic and try and learn to ride quickly.

Congratulations on the success of Warm Bodies. Have you noticed any palpable changes in your life now that you have a hit movie out?
Not particularly. To be honest with you, that weekend I went down to Africa to start shooting a film down there and then got back yesterday morning, so I was kind of kept out of it a little bit.

You're going back to work with Bryan Singer again with X-Men: Days of Future Past.
He's a really talented director and really knowledgable about film, and can really break down stories and characters and understands how to move a story forward at all times. He's fantastic in the X-Men world, really understands it. I haven't spoken to him in-depth about this next one yet, but I know he's really excited about it, and that's a great sign. I'm looking forward to playing that role again.

The new film seems to mix actors from different time periods of the franchise, like Ian McKellan and Ellen Page, then you and Jennifer Lawrence. Are you giving much thought to how you'll be interacting with them yet?
You know what, the odd thing was it was fantastic doing our version, First Class, but suddenly this time when I heard that Hugh Jackman and Ian McKellan and Patrick Stewart and those guys were coming back and that I was going to be in it, it suddenly became a much more real X-Men film in many ways — as much as ours did when we were doing it, we were all new to it and it was a different time and take on it. So to be part of one of the films with all those characters is going to be really exciting for me as a fan.

NED EHRBAR/METRO WORLD NEWS

Big Brother gets a Canadian sibling

Reality TV. Franchise stays true to classic formula, but with a few Canuck twists

As the guests move into the camera-rigged house of Big Brother Canada, executive producer John Brunton is already predicting a breakout star: 21-year-old funky fashion stylist Gary Levy.

The outspoken reality show guru touted a diverse cast of off-the-wall Canucks seeking fame and a modest fortune on the inaugural season of the homegrown spinoff starting Wednesday, singling out the Toronto contender as one to watch.

"Gary is a superstar," Brunton gushed in a recent interview after 15 house guests were announced.

"I'll make a prediction: I predict that Gary is going to have a gigantic career after he leaves the Big Brother house, whenever that might be. That guy is 100 per cent original. He is delightful."

Levy describes himself as "funky, outgoing, fabulous" in an online biography for the Big Brother Canada website. He says his strategy is to "be really social and friendly" so that he can get information on his rivals and possibly use that against them.

His competitors include 27-year-old dental hygienist Emerald (Topaz) Brady of Toronto, 26-year-old web content curator Peter Brown of Surrey, B.C., and 36-year-old Suzette Amaya of Vancouver, who also caught Brunton's eye.

The aboriginal cast member is a mother of three who bills herself as "outgoing, thoughtful and funny" and "an uber fan" of the franchise. Brunton simply describes her as "somebody who really blows my mind. She just ticks off so many boxes in the 'good person' department.

"But she's not in any way what some people might assume to be ... a person who's grown up on a reservation and come off it. She just breaks all stereotypes."

Whether such nice-guy attributes will be a help or hindrance has yet to be seen.

The franchise — based on the original Dutch series Big Brother — sends house guests packing after weekly physical and intellectual competitions. But it's the sometimes explosive personality clashes that often seal a contender's fate.

Canada's inaugural batch of house guests have plenty of personality, but Shaw Media boss Barbara Williams says they weren't necessarily cast for their potential to cause drama. "It was much more about the magnetism that someone just projects, who has just real presence in a room," says Williams.

The Canuck crew is notably young — 12 of the 15 house guests are in their 20s.

The youngest is 20-year-old aspiring actress Danielle Alexander of Calgary, a former competitive gymnast who says she's confident she can handle the physical challenges. The oldest is 38-year-old Andrew Monaghan of Halifax, an insurance sales trainer who says he plans to hide his age.

Brunton says the group is nonetheless culturally, economically and regionally diverse. "You've got people that are still living with their moms and dads, maybe longer than they should, and you've got other people that are out in the world at a very young age trying to crack it and make it in a big competitive world."

Of course, the moment they enter the house contenders can pretend to be whoever they want — lying, back-stabbing and deal-making have become staple strategies in other incarnations.

The grand prize is $100,000, a $25,000 gift card for The Brick and a Chevrolet Trax. THE CANADIAN PRESS

Canadian, eh?

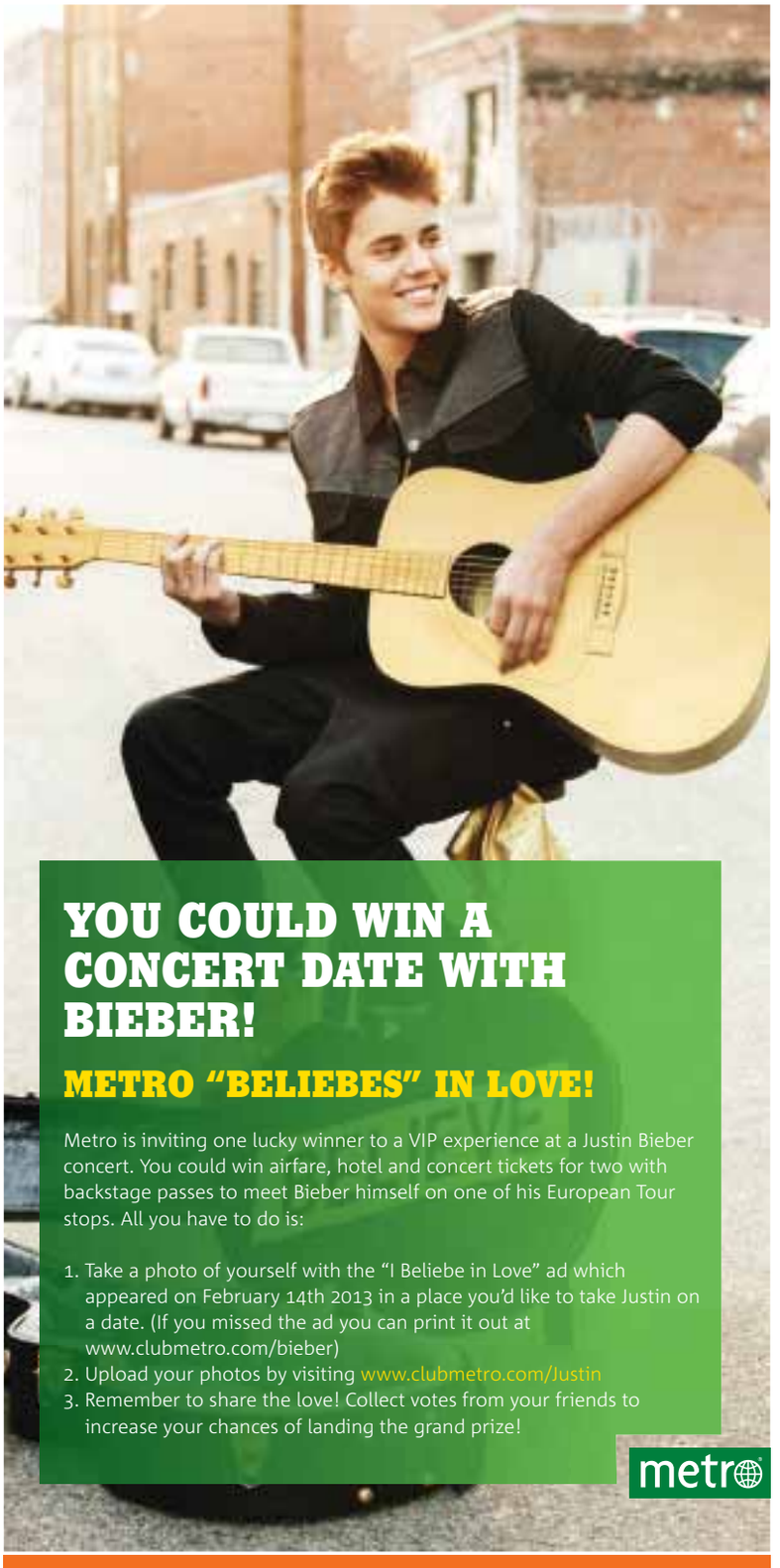
Comparisons to the popular U.S. version of the show are inevitable.

- There will be classic challenges from the franchise, as well as challenges that are "very Canadian," according to executive producer John Brunton.
- "There is going to be an enormous amount of Canadian flavour, just by the nature of the people that we put in that house," he says.
- Viewers will also have the chance to affect what happens on the show online. And footage from the house will be streamed 24-hours-a-day for free at bigbrothercanada.ca.
- Shaw Media boss Barbara Williams says it's time Canada put its mark on the global franchise, which aired 25 formats in 87 countries in 2011 and continues to expand into new territories.

Show times

Big Brother Canada debuts Wednesday on Slice and Global.

- Hosted by Arisa Cox, the series will regularly air Wednesdays, Thursdays and Sundays on Slice.
- Big Brother Canada After Dark also debuts Wednesday on Slice. It airs seven days a week from 2 a.m. to 5 a.m. ET.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Lindsay Lohan. ALL PHOTOS GETTY IMAGES

Lohan looking to change her ways — no, really

It may be a case of too little too late, but Lindsay Lohan is reportedly looking to change her ways — and her lawyer is asking for her current probation violation case to be delayed so that she can do just that, according to TMZ.

Her new attorney, Mark Heller, has asked for a continuance, arguing that Lohan "is pursuing and participating in certain activities which will benefit her and afford her more of an opportunity to be a productive and responsible person and contributor to society," court documents reveal.

The documents further state that Lohan "has made a commitment to herself to elevate her life and participate in activities which will advance her desire to lead a model life."

Prince Michael Jackson

Into the spotlight: Prince getting into Hollywood

Prince Michael Jackson, the 16-year-old son of the late Michael Jackson, is wasting no time in getting into the entertainment industry. The Hollywood Reporter has learned that Jackson will make his acting debut as a guest star on 90210, playing a trauma victim on the CW drama. And just last week Jackson began working with Entertainment Tonight as a special on-air correspondent.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

MacFarlane keeps on entertaining

Apparently Seth MacFarlane didn't get his need to perform out of his system at the Oscars Sunday night, as the host also took the stage for a few numbers at his private after-party in front of family and friends, according to E! News.

He also celebrated the night by getting cosy with Charlize Theron. "Charlize was very chatty with Seth and they shared a laugh in between his performances," a source says. "The party wasn't packed, but everyone seemed to be enjoying the singing and dancing."

Theron reportedly stayed at the shindig for quite a while. METRO WORLD NEWS

His memorable opening song

Maybe you found Oscar host Seth MacFarlane hilarious or offensive or neither or both. Either way, you surely remember his opening number, We Saw Your Boobs. In the song, he called out Meryl Streep, Anne Hathaway and other notable actresses for showing their stuff (including Jodie Foster in the rape movie The Accused — ha-ha Seth?).

Celebrity porn website Mr. Skin has now collected clips from every film mentioned. Good marketing! Timely! Gross? METRO

Once is more than enough

It looks like it's one and done at the Oscars for Seth MacFarlane. The Family Guy creator was asked on his Twitter account whether he'd consider hosting the Academy Awards again and he replied: "No way. Lotta fun to have done it, though."

MacFarlane's edgy comedy proved a polarizing force on Sunday's Academy Awards, with jokes about domestic violence, women's bodies and Jews in Hollywood that offended some viewers. The Oscars did get their biggest audience in three years, however, with particular growth among young viewers.

THE ASSOCIATED PRESS

Anne Hathaway

Hathaway just wants to be as likeable as possible

She may have won an Oscar this week, but that doesn't mean Anne Hathaway is immune to criticism.

"It does get to me," Hathaway said of the snipes directed at her after winning the award Sunday.

"But you have to remember that there's a positive to every negative and a negative to every positive."

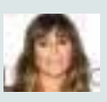
And a source tells Us Weekly that Hathaway was even looking to head-off her critics before the big awards show by practising her acceptance speech to make sure she came off as likeable as possible. "She was very aware that she had been the butt of everyone's jokes," a source says.

Twitter

@SethMacFarlane
My cat said the show went well.

@KirstieAlley
old women's hands look like they are wearing creepy skin gloves...I know this because they are on my hands

@realjeffreyross
How come @HuffingtonPost doesn't get excited when I show side boob? #sexist



@msleamichele
This scene I'm shooting at #Glee today requires lots and lots of crying.. At first it's therapeutic.. Then it just becomes exhausting! :(

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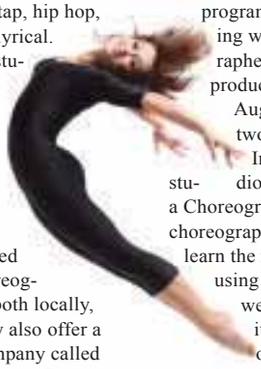

The recreational students involvement varies but all are thrilled to present their dances at the Grand Theatre at the year-end annual recital. Competitive dancers are challenged with innovative choreography and compete both locally, and nationally. They also offer a non-competitive company called Barefoot Creative Dance Company.

The summer programs are plenty. There are seven weeks of a themed dance camp that includes swimming at Forest Edge Community Pool and an end of the week showcase. Many more programs keep your children busy over the summer months.

Early August brings our Summer Dance and Young Dancer's Intensive to the studio with students working with guests from all over Canada and the U.S. This four day intensive is open to the public.

The two-week Musical Theatre program features campers working with a Director, Choreographer and Musical Director to produce a show in two weeks.

August also brings one- and two-week En Pointe Ballet Intensive programs to the studio. New this summer will be a Choreographic intensive and junior choreographic camp. Students will learn the ropes to creating dances using the elements of dance as well as have an opportunity to set choreography on younger dancers and see the production side of a choreographer's job.

Join a class, send your children for a Parent's Night Out, enroll in March Break or summer camp, get help choreographing a wedding dance, or host a birthday party.

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LARLYN PROPERTY MANAGEMENT

From the company's inception in 1975, Larlyn is a progressive, family-owned company and has grown to become one of the largest, service focused property management companies in the country. Today the company manages many diverse properties, including residential and commercial condominiums, rental properties, apartment buildings, retail, office and industrial properties, shopping centers and affordable housing communities.

With the head office in London, Ontario, Larlyn through its regional offices, serves the provinces of Ontario, Alberta and British Columbia.

Growth has occurred essentially through referral from one community to another. This is a result of the benefits offered to each community through increased purchasing power and national support services.

To provide evidence of our credibility, the company has achieved:

• ISO 9001:2008 Certification: The only Canadian condominium management firm to have achieved this internationally recognized certification.

• ACMO 2000 Certification Received this certification from the Condominium Standards Council recognizing customer service in all aspects of management and the only London property management firm to hold this certification.

• IREM Accredited Management Organization: Awarded with this designation from the Institute of Real Estate Management.This recognition is awarded only to firms that have a track record of high performance, experience, stability and financial accountability, the only local firm to have achieved this accreditation and one of only four in Canada.

WARD WINNERS REVEALED

SPARKLES CLEANING SERVICE

Sparkles Cleaning Service was started locally in 1987 by Harry and Lorie Kraemer with one customer. Today Sparkles serves more than 1,000 regular customers in three cities with a staff of 95 full time employees. The company is a family-owned and managed business, not a franchise.

Sparkles is a member of the Better Business Bureau. The management and staff consists of quality-conscious professionals concerned about providing the best service possible to busy clients.

All equipment and cleaning supplies are provided. When the Sparkles team goes to work for you, they thoroughly dust, vacuum, wash and clean the whole house from top to bottom. Bathrooms and kitchens are sanitized and scrubbed until they are spotless.

Sparkles Cleaning Service moderately prices it services to fit just about everyone's pocketbook, as well as free in-home estimates.

Sparkles Cleaning Service staff are bonded, insured, covered by workers compensation and all workers have a police clearance certificate.

Since Sparkles specializes in residential cleaning, customer satisfaction is the key to their success and future growth. Every job is inspected and certified. Their motto: "We clean 'til it Sparkles" has always been strictly adhered to.

CYBERTEKS DESIGN

Cyberteks Systems Corporation, operating as Cyberteks Design based in London, Ontario, provides Web Development, E-Commerce, Streaming Digital Media, Web Hosting and Search Engine Optimization services.

The company was founded in 1999 by Keith Peiris when he was 11 years old, working out of his family's basement.

Peiris now 24, graduated from the University of Waterloo with a degree in Nanotechnology Engineering and is the Product Manager at Facebook in Menlo Park, California. He work as a Consultant to Cyberteks Design.

Peiris was selected as Canada's Top 20 Under 20 by Youth in Motion and ING Canada in May 2006. He was a member of the Team Canada Trade Mission to Beijing, Shanghai and Hong Kong from February 9 to 18, 2001. He also represented Canada at the APEC Young Leaders and Entrepreneurs Forum (one of 10 Under 40 CEOs) in Beijing and Shanghai in July, 2001. Peiris was also the keynote speaker at the China Hi-Tech Fair in October 2001 held in Shenzhen, China and at the Nanhai IT City Forum held on June 2, 2002 in Nanhai, China.

Other awards won by Cyberteks Design since 1999 include:

- Cyberteks was in the 100 Top Canadian Professional Service Companies by Ottawa based Branham Group Inc. in February 2002 and 2003.
- Cyberteks made the top 50 Web Development and Service Companies in Canada by Ottawa-based Branham Group Inc. in February 2000 and 2001.
- Won Second place in the International Web design at Macromedia Webworld in Seattle, Washington in June 2000.
- Three websites developed by Cyberteks Design were finalists at the South by Southwest Interactive Festival in Austin, Texas in March 2000.
- Cyberteks Design's website was featured on Macromedia Flash Showcase from November 17, 1999 for three years for the artistic, innovative and creative abilities. The California based Macromedia Inc. (Now Adobe), was one of the world's foremost web designing software manufacturers. The other websites listed along Cyberteks were Cisco, CNN, MSNBC and Kodak.
- Recognized by Robert Burgess, the Chairman of Macromedia at the keynote address at the Toronto Multimedia Convention in June 1999.

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Strathroy Audio Video is proud to have served London and southwestern Ontario's audio and video needs for over 30 years.

Since opening the doors in 1982, the business has seen dramatic changes in audio and video technology such as CRT (tube) TVs to Plasma, LCD, LED, SMART and 3D TVs; VHS and BETA players to BLU-RAY players and Hi-Fi stereo systems to Full Digital 7.1 Surround Sound Systems.

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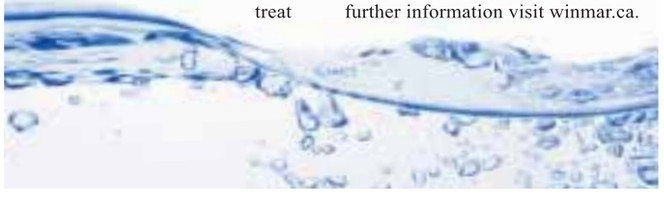
HISTORY

Established in 1977, the doors of Winmar's first office opened in Sarnia, Ontario. The family has now grown to over 75 offices from coast to coast. The corporate head office is located in London, Ontario. Regional offices have been established across the country.

With offices across Canada, from St. John's, Newfoundland to Victoria, B.C., Winmar is able to provide over 35 years of experience and understanding to their customers' needs. The family is made up of dedicated men and women who treat each customer's claims as if they were their own. Trained and qualified crews are available 365 days a year, 24 hours per day.



WORTLEY WELLNESS CENTRE

Ursula Prelog, owner and operator of the Wortley Wellness Centre was inspired to create a synergistic Wellness Centre which stemmed from her own experience as a Registered Massage Therapist.

Working with a diverse clientele who presented with a variety of health concerns, Prelog soon realized that many of them needed a combination of therapies, not just Massage Therapy.

She had a vision of her clients being able to tap into an "ultimate support system" from a team approach, all under one roof. This vision resulted in the birth of the Wortley Wellness Centre in February 2007.

After finding the perfect location in Wortley Village, the lengthy process of re-zoning and completely renovating the former Victorian home began.

Prelog's natural talent for design is apparent throughout the centre and studio. The attention to detail is one of her passions and the results speak for themselves.

Now into her sixth year of serving the wellbeing of her clients, the centre provides a total of 16 different therapies/services.

The original treatment centre expanded into a building located next door which is a fully equipped state-of-the -art Personal Training studio and cardio theatre. There, the studio provides specific programs ranging from rehabilitative exercises to sport specific training and nutrition consulting.

The studio also offers a mix of high energy fitness/dance classes such as Nia, Belly Dancing and a mix of quiet contemplation of classes such as: Meditation, Yoga, Shamanic Journeying and Hand Drumming classes.

Prelog feels that the biggest privilege is to work with clients and seeing the smiles on their faces when they walk out the doors.

BEACHCOMBER HOT TUBS LONDON

This year marks the 35th Anniversary for Beachcomber Hot Tubs, which started manufacturing in 1978, and from the early 1980s they have been sold in London. Beachcomber Hot Tubs London is owned by Jeff McColl, who along with family and staff, has worked hard to build the business by providing exceptional service, support and care to their customers.

The company has professionally trained sales and service staff to help with any questions or concerns that their customers may have. In fact, as one of over 100 Beachcomber dealers across Canada, they are proud to display a 98.4 per cent customer satisfaction rating. If you ask them, they will tell you their best sales people are their customers.

Beachcomber Hot Tubs are Canadian-made and familyowned. They are the industry leader in energy efficiency and comfort, and the entire Beachcomber Hot Tub lineup is built with the same quality, components and guarantee. After sales service and hot tub life cycle are very important to Beachcomber. Therefore,

when you trade in a Beachcomber Hot Tub after 25 years and receive a credit for a new tub, it says that Beachcomber Hot tubs are built to last. Beachcomber simply has a different philosophy towards building hot tubs and providing service to their customers.

Beachcomber London is a full-service store that sells hot tubs, pool and hot tub chemicals, Finnleo saunas, steam rooms, and gazebos. Beachcomber London also provides service to most brands of hot tubs, pools and saunas. Beachcomber London specializes in alternative water treatment systems that also enhance the hot tub experience and provide crystal clear water.

Visit Beachcomber Hot Tubs London at 775 Wharncliffe Rd. S. or bht-london.com.

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LIFE

5 reasons to visit the Florida Keys

With azure waters and a long list of big game fishing world records and tropical reef fish to see, it's no wonder author and sportsman Ernest Hemingway spent a decade of winters in the Florida Keys. The Overseas Highway, or U.S. Route 1, strings together more than 50 small islands with a swashbuckling past that rise above an ancient coral reef. Here, whether it's by sailboat or jet ski, riding on the water is the only to get around.

BY GRAHAM LANKTREE
Metro Canada

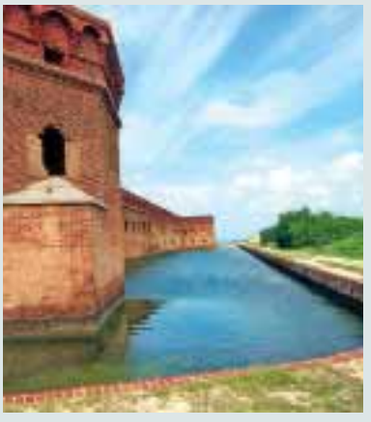
FLICKR: VASENKA

Key West

The quirky character of Key West, with its sun-drenched colours and retro '80s motel signs, finds roosters roaming public parks alongside cats and buskers. Here, Hemingway's house is now filled with a brood of 43 felines descended from six-toed Snowball, who belonged to the adventurous author. The house stands across from a 164-year-old lighthouse warning ships and their treasure about the treacherous reef shores. Ride out on the water around the island and round the tip of the southernmost point of the U.S. Spot colourful reef fish while snorkelling and you will see just how important the life aquatic is to the keys.

Dry Tortugas (Lower Keys)

Big Pine Key and the lower keys of Dry Tortugas National Park are unspoiled in their beauty. Spanish explorer Juan Ponce de León discovered these islands 500 years ago in 1513. The hundreds of sea turtles he and his men found basking on the shoals gave the islands their name. A high speed ferry of sea plane from Key West will get you to the Tortugas, the most remote of America's National Parks. Just west of the Marquesas Keys are coral reefs where an experienced diver can feel as though they're a character in Finding Nemo.



FLICKR: BRUCE TUTEN

FLICKR: CAYABO

Big Pine Key, Bahia Honda State Park

Take the road north from Key West and enter miles of leafy mangroves growing around a series of smaller keys that the beloved manatee calls home. From the Overseas Highway, you can see the remains of the historic railroad Standard Oil partner Henry Flagler used to pave a way into the area in 1912. Entering Big Pine Key, look for an endangered white-tailed deer half the size of ones found in Canada. The most natural sandy beaches in the keys are found here, where sea sponges regularly wash up on shore at Bahia Honda State Park.

Marathon, Pigeon Key

Locals give the keys their character and on Marathon, Turtle Hospital founder Richie Moretti, a one-time mechanic, is excited to share his passion for the gentle beasts. You can visit his recovering loggerhead, Ridley and green sea turtle patients, who are then released back into the wild. Pieces of the original Flagler railway that linked the island keys in 1912 come closely into focus travelling to Marathon. Grab some lobster tacos at the Sunset Grille, a tiki bar near the Pigeon Key ferry and sip from their line of kitschy cocktails that come in collectible mugs, including the Magic Marlin and Pina' Pineapple.

FLICKR: EASYGIE

FLICKR: STIG NYGAARD

Key Largo

Hollywood actor Humphrey Bogart left his mark on the keys when he starred in the film noir gangster flick Key Largo. The story of Bogie holing up in a hotel during a hurricane, only to find it swarming with gangsters, became so popular the area changed its original Spanish name. It was no longer Cayo Largo, the longest key. This area is also known as the diving capital of the world. If you don't have time to take a scuba crash course, travel on a glass-bottomed boat from John Pennekamp Coral Reef State Park.

Ski the slopes and support an athlete at Kicking Horse Mountain Resort

There's still time to book a ski vacation. And why not try a unique, small mountain-town with a beautiful view

GIZELLE LAU
life@metronews.ca

Kicking Horse is the first four-season mountain resort to open in the Canadian Rockies in 25 years. HANDOUT

Make the most of what's left of winter, Canada. Get those legs moving and head out west to Golden, B.C., for a genuine boutique ski resort experience at Kicking Horse Mountain Resort. Just 2.5 hours from Calgary, the drive is certainly not a tedious one; complete with views of snow-capped mountains, heavy green conifers and frozen, bluer-than-blue waterfalls in the distance.

And if champagne powder wasn't a good enough reason to go, this winter (until May 1st) when you book a stay in Kicking Horse's Glacier Mountaineer Lodge (a Bellstar Resort), you could support local Olympic hopeful Brady Leman, a Bellstar-Resort-sponsored athlete. A World Cup Ski Cross Gold and Silver Medalist, Leman is one of Canada's biggest hopes at Sochi 2014 — and no stranger to Kicking Horse.

As the first four-season mountain resort to open in the Canadian Rockies in 25 years, Kicking Horse offers a unique, small mountain-town experience with all the skiable terrain of the big resorts. No crowds, no lineups, no parking hassles and all while boasting the third-highest vertical drop in Canada.

Up top (a 12-minute gondola ride to almost 8,000 feet), jaw-dropping panoramic views make you feel like you're on top of the world, overlooking almost all six surrounding national parks, including Banff, Glacier, Kootenay, Yoho, Mt. Revelstoke and Jasper. It just doesn't get any better than this — that is, until you get to make your way down — into cavernous bowls of fluffy white snow, winding through untouched trails, down into the puffy layer of cloud, at which point you may realize you haven't seen another skier in ages and all you can hear is the sound of your feet schussing all the way down. Now that's golden.

The lowdown

Perks. Once considered a resort exclusively for advanced skiers or snowboarders, in the past five years, Kicking Horse has developed numerous trails and lessons that are beginner and intermediate-friendly. On Sundays, Kicking Horse offers Powder Room ski clinics just for women — a great way to learn, improve and build confidence in a supportive environment.

Stay. For couples or small families, stay at Bellstar's Kicking Horse Glacier Mountain Lodge, conveniently located at the bottom of the mountain, just steps from the gondola and rental shop. For larger groups, Bellstar's Homes Collection offers large multi-family ski chalets like 1601 Cache Estates: fully furnished and stocked, complete with outdoor hot tub and a roaring gas fireplace.

More information. Go to bellstar.ca, glaciermountaineer.com or kickinghorseresort.com.

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They'll be gone in a New York minute

ROSE REISMAN
for more, visit
rosereisman.com

These petite cheesecakes are perfect for one serving and leave none to go to waste.

They can also be ready sooner than a regular-sized cheesecake, since they chill much faster. Baking the cheesecakes in a water bath — a pan filled with water — keeps them moist and prevents them from sinking in the middle.

Serve them with fresh berries or a fruit-based dessert sauce and a dusting of icing sugar. I like to garnish with a drizzle of melted fruit sorbet, such as mango or raspberry.

1. Preheat the oven to 350 F. Line a 12-cup muffin tin with paper muffin liners.

2. Combine the ricotta, cream cheese, sour cream, egg, vanilla, lemon juice, zest, flour and sugar in a food processor and process until smooth and creamy. Divide the mixture among the prepared muffin cups.

3. Set the muffin tin in a larger pan or on a baking sheet with sides. Pour enough hot water into the pan to come one-third to one-half up the sides of the muffin cups.

4. Bake in the centre of the oven for 20 minutes.

5. Remove the muffin tin from the water bath and cool to room temperature on a rack. Chill for 1 hour.

6. To serve, remove the paper liners and place on individual serving plates. Garnish with berries and a sprinkle of icing sugar.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 1/2 cups smooth light ricotta
- 3/4 cup light cream cheese, softened
- 1/2 cup light sour cream
- 1 egg
- 1 tsp pure vanilla extract
- 2 tbsp freshly squeezed lemon juice
- 1 tsp grated lemon zest
- 2 tbsp all-purpose flour
- 2/3 cup granulated sugar

New-York-Style Miniature Cheesecakes

This recipe makes 12 cheesecakes. BRIAN MACDONALD FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Drink of the Week

Cinnabomb

A tasty explosion of three types of alcohol with ginger ale, this Cinnabomb is sure to be a crowd please at any get-together.

- .5 oz Smirnoff Vanilla Vodka
- .5 oz Grand Marnier
- .5 oz Goldschlager
- Cinnamon/sugar for rim
- Ginger ale
- Cranberries for garnish

Shake alcohol with ice in shaker.

Rim glass with cinnamon sugar. Add fresh ice to martini glass.

Strain shaker contents into fresh ice. Top with ginger ale.

Float 3 cranberries on top of ice. Add a cocktail straw and serve. **PHOTO AND RECIPE: FIRKIN PUBS, FIRKINPUBS.COM**

Red Velvet gets airy touch of Italian Meringue Frosting

This recipe makes 24 mini cupcakes. EGG FARMERS OF ONTARIO

Perfect little bites of velvety goodness with a light, airy frosting are easy to make and enjoy. Garnish these delicious cupcakes with an extra special sprinkle of edible gold flakes or coloured sugar to make them the star of your next special occasion.

1. In a large bowl, whisk together cake and pastry flour, sugar, cocoa powder, baking powder and baking soda; set aside.

2. In another small bowl, whisk together buttermilk, melted butter, egg, food colouring and vanilla. Pour over flour mixture and whisk until smooth and well-combined.

3. Divide batter among greased or paper-lined mini muffin tins and bake in preheated 350 F (180 C) oven for about 15 minutes or until toothpick in centre comes out clean. Remove from pan and let cool completely on rack.

4. Italian Meringue Frosting: In a small saucepan, bring sugar and water to boil, stirring to dissolve sugar. Let mixture boil for 5 minutes.

5. Meanwhile, in a large bowl, beat egg whites with cream of tartar until soft peaks form. While beating, add the hot sugar syrup in a steady stream and beat for about 5 minutes or until glossy stiff peaks form. Beat in vanilla.

6. Frost the cupcakes and sprinkle with gold flakes as desired. **EGG FARMERS OF ONTARIO**

Ingredients

- 1 1/3 cups (325 ml) cake and pastry flour, sifted
- 2/3 cup (150 ml) granulated sugar
- 1 tbsp (15 ml) unsweetened cocoa powder
- 1/2 tsp (2 ml) baking powder
- 1/4 tsp (1 ml) baking soda
- 1/2 cup (125 ml) buttermilk
- 1/4 cup (60 ml) butter, melted
- 1 egg
- 1 tbsp (15 ml) red food colouring
- 1 tsp (5 ml) pure vanilla extract
- Edible gold flakes (for garnish)

Italian Meringue Frosting

- 1/3 cup (75 ml) granulated sugar
- 1/4 cup (60 ml) water
- 2 egg whites
- Pinch cream of tartar
- 1/2 tsp (2 ml) pure vanilla extract

Dessert. Speedy Pear Crisp

Sometimes, even on a weeknight, you really crave a little dessert. But making dessert takes time, and you already are spending time cooking up the main event, namely dinner. That's where this recipe comes to the rescue.

1. Heat the oven to 350 F. Lightly coat a shallow 6-cup baking dish with cooking spray.

2. In saucepan over medium-low, heat the preserves until melted and easily stirred.

3. Set the sliced pears in a large bowl, then drizzle the preserves over them. Add the lemon juice and salt, then toss well. Spread the pears evenly in the prepared baking dish.

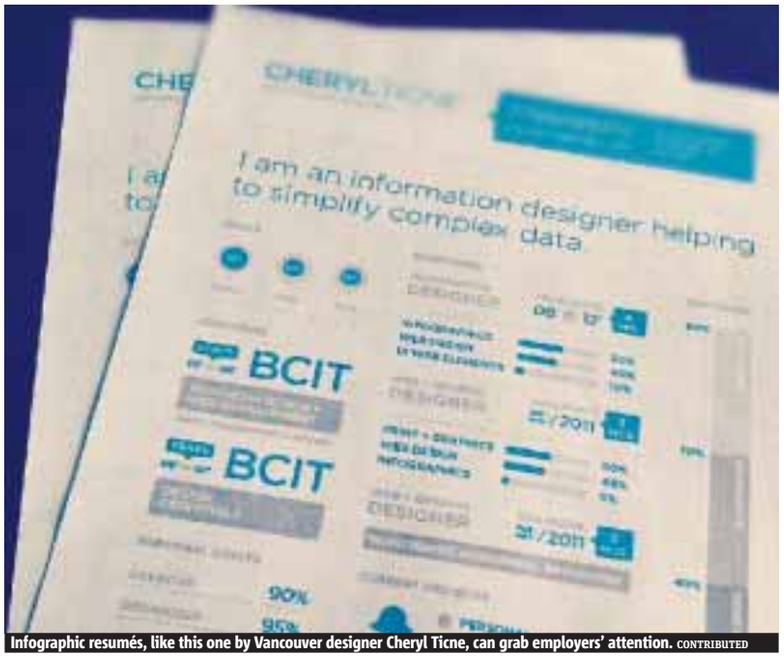
4. Sprinkle the granola evenly over the pears, then cover the dish loosely with foil and bake 30 minutes. Remove the foil and bake another 15 minutes, or until the pears are tender. Serve hot or cold. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Ingredients

8 portions
Start to finish: 1 hour (15 minutes active)

- 1/2 cup plus 1 tbsp apricot preserves or sweetened fruit spread
- 4 pears (about 2 lbs), peeled, cored and thinly sliced
- 2 tbsp lemon juice
- Table salt
- 2 cups purchased granola

Get stylish with infographics



Infographic resumés, like this one by Vancouver designer Cheryl Ticne, can grab employers' attention. CONTRIBUTED

Visual data.

Attractive image-based format allows prospective employers to quickly scan work history

LINDSAY ROTHMAN
TalentEgg.ca

On average, employers spend somewhere around 45 seconds reviewing a resumé.

Resumé writing aims to help the employer to effortlessly extract and retain the most vital information. The art of resumé writing consists of successfully transferring the story of your professional life onto one page.

Enter the infographic, a tool that visually represents and simplifies complex data. An infographic resumé is a unique way to condense and quantify the information on your resumé. Not to mention it looks slick, contemporary and really awesome.

Cheryl Ticne, a Vancouver-based information designer and recent BCIT graduate, has developed a template for her own infographic resumé (pictured) and has been testing the efficiency of this tool in the workforce.

Ticne says she chose to try this approach to give employers an instant idea of her skills.

With the endless submissions of resumés received by HR departments, the infographic resumé makes it easy to process information quickly in an organized and catchy format.

It took Ticne around three days to come up with the initial design for her resumé.

The inspiration comes from other designs combined with her own ideas. "It was quite a process for me to finally have a resumé that presented me very well," she says.

This is a familiar struggle amongst job-seekers. The infographic resumé for Ticne is a perfect example of a unique, relevant, and interesting way to present your skills.

One employer even told her that her resumé was at the top of his pile due to its unique and professional esthetics.

An infographic resumé is not an option limited to those in the field of design or graphics.

This format is perfect for individuals who carry a lot of information on their resumé since it helps employers quickly understand exactly what the candidate is about.

Incorporating this concept doesn't mean that the entire resumé has to be an infographic, either.

Simply adding a few images can give your resumé a little something extra. Breaking up the sometimes mundane text can really help prevent you from being lost in the black hole of redundant submissions.

We know all too well the importance of having a perfect resumé. Finding the balance between creativity and professionalism can be the ultimate challenge.

Tactics such as adding infographics can be helpful as long as it is in line with the context of the position for which you are applying.

If an employer is only going to spend 45 seconds reviewing your resumé, you better make the seconds count. How you do that is entirely up to you.

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What it all means

- The numbers on Cheryl Ticne's resumé represent either duration of experience or amount of knowledge, based on her interpretation.
- The purpose of these numbers is to provide a visual comparison of information that gives employers a stronger idea of her strengths.

Job hunting. Tips to fix stale, dull cover letters and get that phone call

LINDSAY ROTHMAN
TalentEgg.ca

Write cover letters in a friendly tone and land a dream interview. ISTOCK PHOTO

Navigating the world of resumés and cover letters is like trying to do an assignment without any guidelines from your professor.

At school, if you wrote an organized and well-researched paper, you'd get a decent—if not a great— mark.

Job hunting is a different story. When you don't hear back from employers after applying, it's hard to know what needs improvement.

We recently completed a round of hiring at Influitive, the company I work for. Based on my experience, I'd like to share some resumé and cover letter tips that will help you land your next job interview.

1. Pretend you're on Twitter

If your cover letter was a tweet, what would it say? Get right to the point.

Lose the, "I'm applying for the ABC position at EFG Corporation that was posted on the student careers website of University XYZ."

Writing this sentence on Twitter would be a total waste of characters. Instead, your cover letter should start with your pitch: "I'd be a great fit for the ABC position because XYZ."

2. Ditch the R2-D2 vibe

Write a cover letter the way you would write a blog post — using a human voice.

Read your cover letter out loud. Now read a post from your blog out loud. Notice a difference? Your cover letter is written in a robotic voice that you may think sounds professional. It's not.

3. Lose your laundry lists

Why does your resumé include laundry lists of each daily task you performed for all the jobs you've ever had?

Recruitment experts rant about this resumé problem all the time, yet it came up so often in the round of hiring we just did. Make achievements the focal point of your resumé and cover letter, and cut the rest out.

4. Stop the resumé firing squad

We all know the drill: modify a few resumé buzzwords, change the company name and job title and fire off multiple applications into cyberspace. Instead, opt for a quality-over-quantity approach by applying to a few positions very well.

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Injured Griffith finds silver lining

OHL. Knights' star scorer focusing on intricacies of game from the sidelines

JOHN MATISZ
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Given the circumstances, Seth Griffith would probably be forgiven if he went the selfish route and decided to approach his first serious hockey injury with a full serving of angst.

Up until he broke a bone in his right hand on Feb. 10, Griffith went about four years without missing a game.

When you do the math, his iron-man streak lasted 256 regular-season matches, split between the Knights and St. Mary's Lincolns (Jr. B). He also dressed for 40 Ontario Hockey League playoff games, as well as four Memorial Cup contests.

So, is he sulking on the sidelines? Not exactly.

Instead, the Boston Bruins draft pick has gained a new perspective on the game.

"Sitting out and watching a few games, I think it's going to really help me when I come back," he said. "It obviously sucks I haven't been playing, but you have to look on the bright side."

The 20-year-old from Wallaceburg has been forced to tinker with routine. The shifts lost to a wonky hand have been substituted for off-ice cardio workouts and power skating.

On game nights, Griffith has been keeping his eyes peeled on the action.

"Sometimes when you see guys cycling the puck," he said, explaining his observations watching games from the stands, "(you pick up on different) forecheck options. I've also noticed you have more time to make plays than you think."

In the dressing room, the winger has become a pseudo-assistant coach.

"I try to give guys tips on what they could have done in certain situations," said the assistant captain, who is expected to be out another week or two.

On a personal level, the inability to suit up down the stretch has cost Griffith the OHL scoring title.

His point-getting peers, Nick Cousins of the Sault Ste. Marie Greyhounds and Charles Sarault of the Sarnia Sting, have bolted ahead in recent weeks. Griffith's 82 points are now 16 back of first place, as he sits seventh overall.

"It's a bummer knowing I could have been up there," he said. "But, like I've said, at least the team is winning games. That's the main thing right now."

London Knights winger Seth Griffith, currently out with an injury, circles the offensive zone during a game against the Saginaw Spirit earlier this season. JOHN MATISZ/METRO

Harrington also hurting

London Knights captain Scott Harrington left Sunday's game with an upper-body injury.

- On Tuesday, the team said it's still waiting on an official diagnosis from doctors. No timetable has been set for Harrington's return.
- "He plays the most minutes for us, kills penalties unbelievably, plays the power play," London head coach Dale Hunter said. "He's a big part of the team, but (injuries) happen and some guys have to step up."

MLB

Morneau rounds into form vs. Jays

Justin Morneau is finding his hitting touch early in preparation for the World Baseball Classic.

Morneau had two hits, including an RBI double, and the Minnesota Twins beat the Toronto Blue Jays 8-4 on Tuesday.

Morneau will suit up for Canada in next month's WBC.

"Just to get my legs underneath me," Morneau said. "There's a big difference between playing five innings and playing nine. Knowing we're going to start earlier with the WBC, crank it up a little bit earlier." THE ASSOCIATED PRESS

MLB

Dickey to know his catcher post-WBC

The Toronto Blue Jays will decide who catches knuckleballer R.A. Dickey after the World Baseball Classic, says manager John Gibbons.

Incumbent J.P. Arencibia has insisted he wants to handle Dickey this season though the Jays have three catchers in camp — Henry Blanco, Josh Thole and Mike Nickeas — who have experience working with Dickey.

Both Dickey and Arencibia will join the U.S. team at the World Baseball Classic.
THE CANADIAN PRESS

Jays ace R.A. Dickey pitches on Monday in Dunedin, Fla. GETTY IMAGES

MLB. Astros tame Tigers in split-squad matchup

Jason Castro and Brett Wallace each homered for a Houston Astros split squad Tuesday in a 9-4 victory over the Detroit Tigers.

Wallace had three hits for the Astros. Castro and Rick Ankiel had two hits apiece for Houston.

Robbie Grossman and Trevor Crowe drove in four runs on back-to-back extra base hits in Houston's five-run fifth inning against Duane Below.

Brayan Pena's two-run homer off John Ely gave the Tigers a 3-2 lead in the fourth.

Erik Bedard pitched two innings in his first start for the Astros, giving up an unearned run on Wallace's throwing error.

Doug Fister gave up the two-run home run to Castro in his two-inning start for Detroit.
THE ASSOCIATED PRESS

Spring training

Astros	Tigers
9	4

NHL

Ryder returns to old habitat in Montreal

Michael Ryder is a Hab once again.

The Montreal Canadiens acquired Ryder and a third-round draft pick in 2013 from Dallas for forward Erik Cole.

Ryder had a career-high 35 goals for the Stars last season with 27 assists. He has six goals and eight assists in 19 games this year.

Ryder was drafted in the eighth round by Montreal in 1998 and had a career-high 63 points for the Habs in 2003-04.
THE CANADIAN PRESS

NHL. Kings send Gagne back to Philadelphia

The Los Angeles Kings traded Simon Gagne back to the Philadelphia Flyers on Tuesday for a conditional draft pick, sending the struggling left wing back to the city where he had his greatest NHL success.

Gagne spent his first 10 NHL seasons with the Flyers, but won his first Stanley Cup last season in L.A. after a late-playoff return from a concussion. He hasn't scored a goal in 11 games this season for the Kings, who decided the veteran didn't fit in coach Darryl Sutter's system.

Before Gagne asked for a trade, Kings general manager Dean Lombardi sent him back to Philadelphia.

Los Angeles gets a third-round pick if Philadelphia makes the playoffs or a fourth-round pick if the Flyers miss the post-season.
THE ASSOCIATED PRESS

Quoted

"They're really gentlemen to do that to me this year."

Simon Gagne, who was thankful toward the Kings for pulling the trigger on Tuesday's trade.

Get your kicks in the new Mazda6

ALL PHOTOS WHEELBASE

Review. The more established members of the mid-size sedan class are in for a shock once they spy this car

MALCOLM GUNN
wheelbasemedia.com

For Mazda, shaking up the automotive establishment is all in a day's work.

Always the rebel, Mazda has a reputation for going against the grain in product development. The automaker refuses to offer a hybrid powertrain option, which is tantamount to sacrilege. Instead, it pursues internal-combustion-engine refinement under the SKYACTIV label. The 2013 CX-5 wagon was the first all-new Mazda fitted with this technology (direct fuel injection, etc.) and the recently launched third-edition Mazda6 is following suit.

From most angles the Mazda6 is more expressive than the previous version and closely resembles Mazda's Shinari and Takeri concept cars that revealed a new styling direction. The front-end treatment is arguably the best looking in this class, while the rest of the car doesn't stray too far from the past and retains the familiar sweep of the roofline and truncated rear.

The new-design Mazda6 sheet metal is the gift-wrapping that hides considerable technological advancements beneath the skin.

Following its initial launch, Mazda will offer a Volkswagen-challenging 2.2-litre four-cylinder turbo-diesel option that also receives the SKYACTIV appellation. It features lowered engine compression that Mazda says makes it clean burning without any nasty particulates exiting the exhaust.

A recent drive in one of Mazda's test mules confirms that the diesel 2.2 generates plenty of torque, but that it also drives just like a gasoline engine without the usual tell-tale clatter normally associated with diesels. Exact power and torque specs will be released closer to launch.

The base GX model that lists for $26,200, including destination charges, comes with the usual power and comfort ingredients and push-button start. It also comes with a touch-screen display with Bluetooth networking and a rear-view camera.

With its dedicated approach to improving power, reducing overall energy consumption and creating a heartbeat-skipping shell, the Mazda6 will generate plenty of look-sees, or at least make buyers seriously ponder this nifty, thrifty sedan.

2014 Mazda6

- **Type.** Four-door, front-wheel-drive mid-size sedan
- **Engine (hp).** 2.5-litre DOHC I4 (184)
- **Transmissions.** Six-speed manual; six-speed automatic
- **Base price (incl. destination).** $26,200

SKYACTIV means driving dynamic that's supposed to be closer to what you get in a sports car.

Engine

The base engine — in fact the only available powerplant at this point since the V6 is toast — is a 2.5-litre four-cylinder that makes 184 horsepower and 185 pound-feet of torque. The uniqueness of the new four-cylinder is its higher-than-usual 13:1 compression ratio that gives the engine extra punch.

Design

From most angles the Mazda6 is more expressive than the previous version and closely resembles Mazda's Shinari and Takeri concept cars that revealed a new styling direction. The front-end treatment is arguably the best looking in this class, while the rest retains the familiar sweep of the roofline and truncated rear.

Parts Department

Whether it's a birthday gift for a friend or loved one or just something for yourself, here are some ideas for unique automotive-inspired presents.

WHEELBASE MEDIA

Gearhead candy

This unique collection of Edible Chocolate Candy Gears from Andie's Specialty Sweets would make the ideal gift for someone who tinkers with the inner workings of vehicles. The basic package includes 50 assorted gears that vary in size. The company states that its gears are made using fair-trade organic ingredients. Andie's confections are also completely devoid of cornstarch, hydrogenated oil, or artificial flavours or colours. They almost sound like health-food items don't they? Each "gear set" sells for US $42.50 and can be ordered from etsy.com/listing/109115973/.

R8 V10, for ages five and under

If it's a ride-on-type car for small fry up to five years of age you're looking for, the playful gang at Pedal Car Express sells more self- and battery propelled varieties than you could ever imagine. One of the neatest is this Italian-made Audi R8 Spyder that's produced under licence and with participation from the auto-maker itself. The roadster features realistic plastic wheels, outside mirrors and sports steering wheel with all the correct Audi badges and stickers. It also comes with a 12-volt rechargeable battery that propels the R8 to an eight-km-h top speed for up to 1.5 hours. A forward, reverse and neutral shifter is also part of the package. The R8 sells fully assembled for $509 US. pedalcarexpress.com.

Instant wipe-up

It's quite common for your car's windshield, side, or rear glass to require a quick cleanup from fingerprints, bugs, bird droppings and assorted environmental dirt and grime. That's where ArmorAll Glass Wipes can come in handy. The manufacturer states that these ammonia-free wipes will remove tough messes without streaking and will remain damp for up to a year (not recommended for use on glass that has added plastic-tinted film). To use, simply wipe over the glass surface and let dry. A 25-pack of Glass Wipes sells for about $10 us and is available through most department or auto-parts stores. For complete product info, go to armorall.com.

Shelby on a roll

You might not be able to afford a Shelby Mustang GT500, but you could still take a Shelby on a trip. This solid-frame carry-on bag is made of ballistic-grade nylon with attached telescoping handle and rolls on sporty cast-alloy-style wheels. Auto racing legend Carroll Shelby's signature is embroidered on the bag and a cast-metal GT500 logo is in plain view. The bag sells for $80 US, or you can order a three-piece set of Shelby luggage that includes a duffel and smaller tote for $209 US. world classmotoring.com.

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Just kick it: Ford opens the liftgate

Driving Force.
Company finds solution to a common errand running problem

JIL MCINTOSH
drive@metronews.ca

If you've ever had to put down an armload of groceries so you could open your vehicle's liftgate, you probably think there must be a better way.

Ford agreed, and its new Escape and C-Max Hybrid models can be equipped with a hands-free electric liftgate that opens when you have the key fob in your pocket, and you kick your foot under the rear bumper.

"There are two sensors, one underneath where the fascia wraps around, and one at the rear," says Kaci Hrynewich, program management at Ford Motor Company.

"These create a field that is disturbed when a foot (is placed) in it, and both of those sensors have to have that detection in order for them to 'talk' to the module to open the liftgate."

The theory behind the liftgate is relatively simple — it uses motion technology similar to that in some video games — but actually putting it into a production model was more of a challenge.

"We have multiple components all coming together, so we had to figure out how far away you have to be," Hrynewich says. "We had to try it with the metallic paint on our colour palette to make sure the sensor field wouldn't be affected by it.

"We also had a tight packaging space, which was a concern because we couldn't put (the module) too close to a bumper beam, because it's conductive and it wouldn't work. It's easy to look at the guidelines for the system, but then you have to put them into the vehicle you're trying to engineer, and we had to package that and make sure it still functioned properly."

Each of the two sensors has a specific function. One senses that your leg is there, while the other detects the motion, and both have to be triggered by the kicking motion in order for the liftgate to open or close.

Liftgate history

- The earliest power "liftgates" were on station wagons. In 1971, full-size GM wagons had two-piece power tailgates, where the window slid up into the roof, and the bottom gate slipped down under the floor.

Horoscopes

♈ Aries
March 21 - April 20
This would be a good day to clarify your ambitions and to let those in positions of power and authority know that unless they offer you something better you will be looking elsewhere. Say it and mean it.

♉ Taurus
April 21 - May 21
It's time to get tough with someone who has been taking liberties. Yes, of course, you could blame yourself for allowing the situation to drag on so long but ultimately it's their fault, not yours, so speak up.

♊ Gemini
May 22 - June 21
You may need to backtrack a little today if you don't want to fall out with a friend or work colleague. OK, so you believe that what you said was true but did you have to be so sarcastic about it?

♋ Cancer
June 22 - July 23
Be honest with loved ones today, even if what you have to tell them is not what they want to hear. If they mean something to you then you must make sure they see the light — for their own good.

♌ Leo
July 24 - Aug. 23
A new health or fitness program could be just what you need to get yourself moving again, physically and mentally. And stick with it this time. It won't be long before you see some seriously encouraging results.

♍ Virgo
Aug. 24 - Sept. 23
You may be surprised by what happens today but don't just stand there or you could miss out on an opportunity to benefit from unexpected changes. And don't feel guilty if you gain from someone else's misfortune.

♎ Libra
Sept. 24 - Oct. 23
You may find it hard to turn down a call for assistance but it's necessary. If you don't, you will find yourself doing things for others that they really should be doing for themselves. Don't let them take advantage.

♏ Scorpio
Oct. 24 - Nov. 22
The planets will give you the courage you require to start something you have been yearning to do for ages. Great changes are taking place all around you but don't be afraid: They are the kind of changes you need.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't stop thinking and don't stop looking for ways to improve your position in life. Over the next few days there will be more than one opportunity to make money from sudden events. If you don't then someone else will.

♑ Capricorn
Dec. 22 - Jan. 20
An idea that pops into your head out of nowhere may be outrageous, but the more you allow yourself to think about it the more you will like it. Some say you are too cautious to take risks. Prove them wrong.

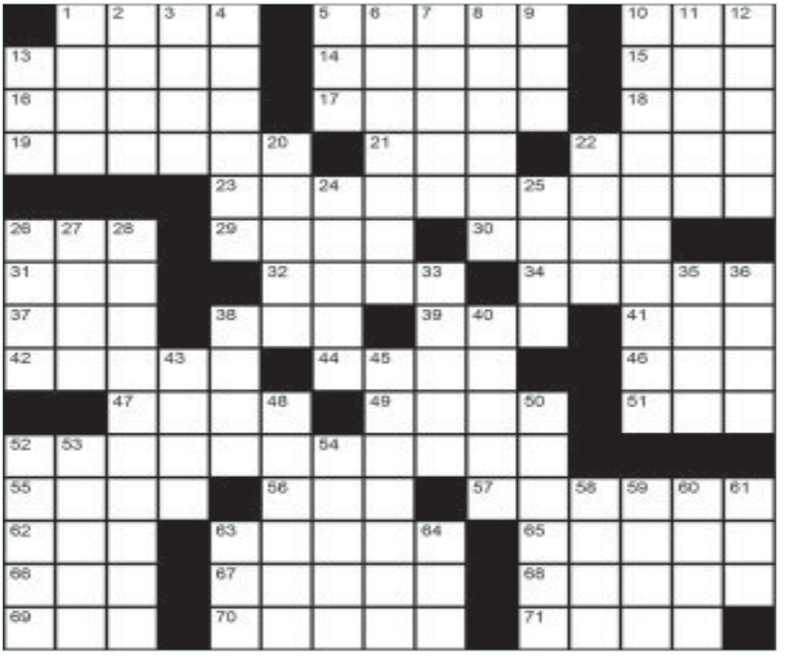
♒ Aquarius
Jan. 21 - Feb. 19
There are so many changes going on that even the most adventurous of Aquarians may be wondering where it is all going to end. But change never ends — you know that. Make change your friend.

♓ Pisces
Feb. 20 - March 20
If you approach a difficult problem from an unusual angle today you may be surprised how simple the answer is. If you are still stuck though you should ask someone you trust.

SALLY BROMPTON

Crossword: Canada Across and Down

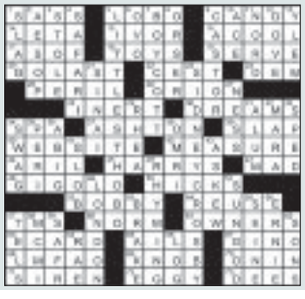
BY KELLY ANN BUCHANAN



Across
1. Bell's loud ring
5. Fab Four's famous Road
10. Roll of grass
13. Ancient Greek colony
14. Irish writer, James __
15. 'Fort' finisher (Luck)
16. Montreal's __ Royal
17. Illegally sell tickets
18. Point
19. Gauge
21. Bambi's aunt
22. Train sound, when repeated
23. "Try Honesty" band: 2 wds.
26. Ms. Simpson, for short
29. Holler!
30. Curved music symbol
31. Aunt's li'l husband
32. Horse's pace
34. Recounts
37. Ski-__
38. Jewel
39. Filmmaker, John __
41. Archery skill
42. Computer chip company
44. Aid and __
46. Modern
47. Really mad
49. Pro __ (In proportion)
51. Made a hole in the ground
52. Canadian fashion journalist born in Toronto: 2 wds.
55. City, in Latin
56. 'M' of PM, for short
57. The __ Family (Celtic music group)
62. Writer Mr. Levin
63. Blue Rodeo singer Jim
65. Dutch cheese
66. Defraud
67. Nymph of Greek mythology
68. Ms. Winfrey
69. Antlered animal
70. Actor Sean's surnamesakes
71. Profits

Down
1. Jeers
2. Burden
3. Kate Hudson movie musical
4. F. Scott Fitzgerald novel, The Great __
5. Mr. McLean's of the Backstreet Boys
6. "The Prayer" duo: Celine Dion & Andrea __
7. "Not __ __ stretch of the imagination."
8. Acclamations
9. "Uh-huh."
10. Donald or Kiefer
11. Tears-inducer
12. The Home __
13. The Monkees hit: "__ _ Believer"
20. Warfare attack
22. Hint
24. Animal of The Andes
25. __ sax
26. Dame __ Dench
27. 'Phenom' ending
28. Financial institution founded in Halifax in 1832
33. Fine-tune
35. Stead
36. City haze
38. Type of valley
40. Sea __ (Cute mammal)
43. Sea eagles [var. sp.]
45. Actor Mr. Fraser
48. Bashful
50. Catherine of __ (King Henry VIII's first wife)
52. Orange __
53. Film legend Mr. Flynn
54. Vice President Joe __
58. Negative reply
59. Mr. Russell
60. Filmmaker Ms. Lupino, and others
61. "Uh-uh."
63. Crime fighter
64. Li'l length units

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4	7						5	1
		2	3			6		
1			5		6			
9				3		2	6	
				2				
	1	3		8				9
			2		9			7
		4			8	5		
7	5						2	8

Yesterday's Sudoku

2	5	4	8	7	1	6	3	9
6	8	1	3	9	5	4	2	7
3	9	7	4	6	2	8	1	5
5	2	6	9	1	7	3	8	4
8	1	3	5	4	6	7	9	2
7	4	9	2	3	8	5	6	1
4	6	8	1	5	9	2	7	3
9	3	2	7	8	4	1	5	6
1	7	5	6	2	3	9	4	8

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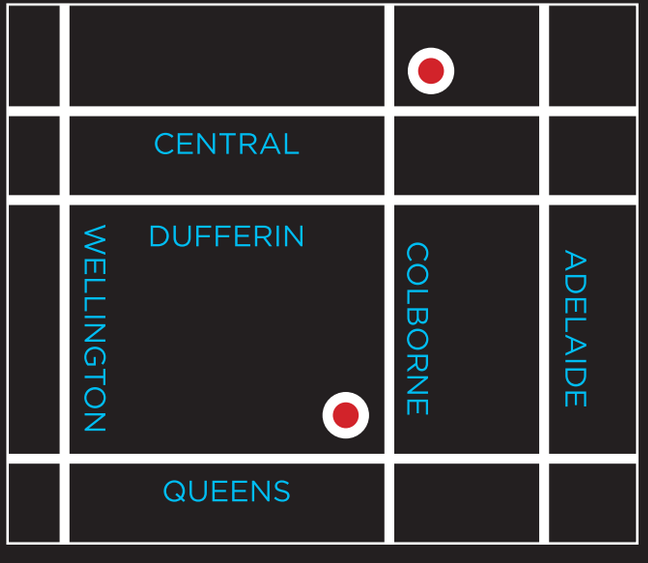

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